

THE MASSEUR

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

SEPTEMBER - OCTOBER 1956

DECATUR, ILLINOIS

Pennsylvania Chapter Wins Nod For Next Convention Site

POTTSVILLE TO BE SITE OF MASSEURS CONVENTION

Pottsville will be host next year to the national convention of the American Association of Masseurs and Masseuses. The convention will be held on August 8, 9, 10 and 11, 1957, at the Necho Allen Hotel.

Blandford Jones, local masseur, who attended last week's convention in Milwaukee, Wis., was instrumental in securing this city as next year's convention site. Pottsville won out by a majority of 16 votes over the second in the race. There were 125 delegates at the Milwaukee meetings, and an additional hundred attended the banquet and other sessions.

Among the noted speakers at next year's convention will be Dale Alexander, author of the book, "Arthritis and Common Sense."

WORD OF THANKS

Words cannot express my appreciation to the American Ass'n of Masseurs and Masseuses for naming me the "Outstanding Masseuse of the Year." In fact it cannot be said with words.

So I am going to pledge my-

self and serve as a sort of dedication in the memory of this honor, by doubling my efforts in the performance of my professional duties.

Mary E. Howells.

ATTENTION ALL MEMBERS

Make full use of all the various committees for the purpose for which they were appointed. That you may know the duties of the most recent appointed committees we submit the following:

Placement: Mrs. Reiser. Send all information to her dealing with your desires for a change of location or information on positions available or for additional technicians for your own employ.

Public Relations: Mr. Pelikan. Send to him every newspaper and magazine that deals directly or indirectly with massage or physical therapy, be it favorable or unfavorable. If you wish newspaper publicity in your own town submit your copy first to Harry for his help and suggestions so you can get the maximum results.

Ways and Means: Jean Wells. Send to him all ideas or suggestions you may have to assist him in finding ways and means to

further and strengthen our financial position, prestige and progress.

GRATITUDE

Gary, Ind.

Aug. 7, 1956

Dear Dr. Brooks:

I just don't know how to thank all the folks that were so kind to me in any other way, so I thought of you. You can help me by putting my letter in the "Massey," every one reads it.

Dr. Brooks those people in our Ass'n are pure gold, I never opened my mouth for a thing, but what some one ran to get it. I sometimes felt embarrassed, I was so waited on. But God blessed them with compassion for others, and I love them every one. It was a most wonderful convention, and I almost did not come because of my condition. But God took a hand in it for me, and led me all the way, and from the time I got out of my car till I got home, I had someone's hand to lead me. God bless those wonderful people, and if it be His will, I'll see them next year.

Sincerely
Bessie E. Erfurth,
Vice-Pres. Ind. Chap.

THE MASSEUR

Bimonthly publication of the American Association of Masseurs and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



D. S. CARLSON,

PRESIDENT'S MESSAGE

We thought it best to bow gracefully out of responsibility this year as a national officer, the purpose being to give others probably better qualified an opportunity to serve the Association. However, the members at the convention arranged it otherwise. We are sincerely appreciative of honor bestowed and the confidence expressed by the many members present at the convention. We must confess we feel keenly our own limitations to guide an organization with such tremendous possibilities. Now that we have been chosen as your president for another year we will, by the Grace of God, use what ability we do have to full capacity. The interests of our great and just cause will be an intimate part of our thinking and planning.

A carpenter has a saw, plane, hammer and a chisel and he uses each as he needs it. Nothing can be more worthless than imitation. If we look at the various orders of creation, we see no imitations.

All have their proper sphere, their proper functions. The field is wide enough for all. In every house there are vessels of various sizes and various shapes: we can use them all. Are we in our right place in the A.A.M.M.? Are we willing to serve in the capacity where we are best qualified to serve? It matters not what our measure may be, provided it be what God hath dealt to us. But let us use it in its proper place. The past convention at Milwaukee gave proof of many who had found their right place. The accomplishments of the past year speak for themselves and we are proud to recognize those who had such an important part. We need not wonder why the convention was such a success, it is very easy to see when a member is working in his or her place and according to his or her measure. Things get done. If we go beyond our measure, our action will be strained, unsightly, uneasy and unnatural. Hence, though we all cannot be in prominence, let us be genuine. If we go beyond our depth we may flounder. Let's stay within our limitations, but enlarge our scope of possibilities. This year should be a big year if our hearts are right. It is easy to find a stone to stumble over, but let's not look for the stone. Keep the goal in sight.

CONVENTION 1957

Pennsylvania Chapter is already hard at work getting their program lined up for next year. So if you haven't already unpacked your grips just leave them alone and you will be all set to go to Pottsville, Pa., next August. I have had three letters from Blandy Jones since he returned from Milwaukee. Letters filled with ideas and enthusiasm. He can hardly wait. Blandy has contacted such persons as Dr. Samuel Bilek, M.D., in Physical Medicine, who is in charge of rehabilitation at Bellevue Hospital and Dr. Jess

Mercer Gehman. A couple of music professors from Penn. State University. The tentative dates are Aug. 8-9-10- and 11, 1957. Pottsville is a city of 25 thousand but has a 200 thousand population in a 10 mile radius.

He says they are in the heart of the coal mining country and he thinks he can arrange for us to go down and see a coal mine. I am reminded that it is a black business, but we hope they will treat us white.

HIGHLIGHTS OF PRESIDENT CARLSON'S CONVENTION SPEECH

I am indeed regretful that the entire membership wasn't able to hear the message President Carlson delivered at the convention. It was a masterpiece and I know he must have spent weeks preparing it.

His main point was for us as a pioneer organization not to forget our vision. And quoted Proverbs, 20: 4 "The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing."

He pointed out that the reason for most failures in the massage profession was because of the lack of study to improve their position in life. Those that turn their back on difficulties.

All organizations that are successful had a small start. But their leaders had visions and were backed up with members with enthusiasm that didn't cool off with the turn of the tide. He asked, "did you do your best for the association this past year? Did you attend chapter meetings like you should? Did you cooperate with your officers?" You may have had a number of excuses for not helping out. But if the authorities were to abolish your profession shortly, would you not then wish you had tried.

Some of our goals:

An aggressive campaign for members.

Massage legislation in every state.

Better schools and colleges, that can be recognized by the A.A.M.M.

A uniform designation for our profession.

Justified recognition on a national scale and a state wide basis.

A lay magazine for national distribution.

Employment of an advertising agency to prepare ethical propaganda.

Public relations second to none.

Summary

Thirteen years ago a handful of members. Today over 400. Five years ago, we dropped about 200 undesirable and delinquent members. Today, we have an active and progressive membership. Five years ago, no regular publication. Today, a regular published magazine. Five years ago, a weak constitution and by-laws. Today, a strong constitution and by-laws. Five years ago, a lack of confidence in the A.A.M.M. and its national officers. Today, a restored confidence demonstrated by accomplishments of its members. Five years ago, five dollar dues were too much for what we had. Today, twelve dollar dues is not enough for what we get. Ten years ago, hotels and cities did not want us. Today, hotels, resorts, chambers of commerce, cities and city officials all want us to be their guests. Five years ago, the public had no way of knowing for sure who the reputable Masseurs and Masseuses were. Today, they have a sure means of knowing. Five years ago, we had no committees working. Today, we have eleven active committees working, with more to follow. Five years ago, we had nine state chapters. Today, we have twenty-two state chapters. Five years ago, we were ashamed what took place at our conventions. Today, we are proud of what takes place at our conventions. Five years ago, we hesitated to call ourselves a Masseur or Masseuse. Today, we can be proud to be recognized as a reg-

istered A.A.M.M. Masseur or Masseuse. Five years ago, we had no year book and registry. Today, we have a good year book and registry which is improving every year. Five years ago, we were afraid of everybody that tried to put pressure on us. Today, we are afraid of none, we have learned to fight back, if we lose we have at least given a good account of ourselves.

Yes, we have made progress. Maturity and stability depends on each and every member as an individual. Because it influences others. Not just the officers, but the harmony of the organization as a unit.

In closing he said he was jealous for us and wants us to be good members so our future will be secure.

The editor—Brooks.

A WARNING TO ALL OFFICERS DIRECTORS AND COMMITTEE CHAIRMEN OF A.A.M.M.

Some of our officers and committee chairmen have received letters from individuals making a pretense of being interested in the A.A.M.M. The approach is to indicate an interest in becoming a member in the A.A.M.M. with certain reservations. Next comes a demand for certain information of a pertinent nature which you should not give to non-members. Some of their letters do not even assume that they are practitioners, but by inference wish you to assume that they are practitioners. So far these questioners have not used professional stationery, although they wish you to believe they are big-time operators. No officer or committee chairman is obligated to furnish information to non-members other than that which is in print and furnished to prospective members by the A.A.M.M. Much harm can come to the A.A.M.M. and years of effort lost by giving unauthorized information to unknown individuals, who either wish to gain advantages at our expense, or who wish to use

the information to hinder our growth and progress.

Please be cautious when demands are made of you for information from outsiders that have no interest in the A.A.M.M.

The following committee chairmen should especially be on guard, Legislative, Schools and Colleges, and Membership and Organizational.

If in doubt on matters of the above nature, please consult with your National President.

D. S. Carlson, Pres.

4 'HEALERS' ARRESTED

St. Paul—UP—Atty. Gen. Miles Lord Saturday announced the arrest of four persons for practicing healing in Minnesota without a license from the State Board of Basic Science Examiners.

Arrested Friday were Cornelius Warrum, Fertile; E. J. Hintikka, Perham; and Mr. and Mrs. George Schoon, Reading. Lord said the four were charged with a gross misdemeanor, punishable upon conviction by one year in prison or a \$1,000 fine, or both.

The attorney general said evidence seized at the arrests indicated a surprising volume of business was done by the suspects.

"My office undertook this investigation at the request of the State Board of Chiropractic Examiners," Lord said. "It has been successful thanks to the fine co-operation of Nobles County Atty. Raymond E. Mork, Polk County Atty. F. H. Stadsvold, and Ottertail County Atty. Owen V. Thompson," he said.

Lord said his investigator submitted to the "treatments" given to secure evidence. He said the investigator was told by one of the suspects that he had trouble with his spleen, kidneys, prostate, heart muscles and neck. Lord said the officer is considered to be in good health.

MICHIGAN

The following are their officers.



PRESIDENT
CARL F. HOUGH
170 STATE STREET
PONTIAC, MICHIGAN



VICE PRESIDENT
THADDEUS W. MCFALL
5215 N. ST. STATION
FLINT, MICHIGAN



SECY.-TREAS.
ARNOLD J. JOHNSTON
305 FIRST AVE.
PONTIAC, MICHIGAN

Michigan received her charter at the convention held in Milwaukee in August. The newly formed Chapter is having regular state meetings and suffering the expected growing pains that most new organizations have.

NEWS RELEASE

By Milton A. Niedfelt

Probably the most amazing impression I have of the National Convention of our A.A.M.M. in Milwaukee, was the fact that what were appointed Committees in Davenport, Iowa two years ago, have now seemingly become "Departments"—Whereas but 2 years ago we had a convention dividing up the work into committees. Now these committees have began to work in such manner that they have become important to the power and expansion, and of course we owe our National President and his capable Board of Directors much credit in laying the basis for such a "Machine."

There was the Schools and Colleges Committee . . . such a report—in detail and expance this Committee, or Department, went to the depths of studying schools as individuals, and finding out what should make up the Curricula of these schools, and by adoption of this report, piece by piece, and as a whole. Now we can say to the world. You must have this kind of education or you are not a Masseur or Masseuse. Hap-hazard education no longer can be accepted. This due to Ruth Williams and her committee.

There was our Legislative Committee, headed by Mr. Sam Dahlgren, who had a good showing, and he will certainly have a big job this year, since many of the States are being distressed with legislation to stop and hinder our Massage profession.

Gilbert Smith gave a good account of his committee. A number of good Constitutional Amendments were enacted. One: A Ways and Means Committee to figure

out how we are going to get finances enough to meet the cost of our Expansion, and to meet the costs of legislation in various States, and other costs such as Public Relations, and Organizational and Membership costs. Also a Finance Committee to regulate the income and expenses so that each department of our Association will have proper amount of funds to work with, and that efficiency of spending will be established.

Ann B. White made a report of our Ethics Committee, and you will find from now on Ethics (or manners) by which we will govern ourselves established, and we will find that very helpful in our every day contact. Besides that we had a Ceremony of the "Consecration of Hands" which was very beautiful and wise. After all we are "Laying on" hands in the same manner that Jesus Christ Layed on hands, and it is only right for us to consecrate our hands to this work—How beautiful!

Paul Bocek, chairman of the Legal Committee has not made much headway, but he is continuing to try to solve the legal matter of legal representation when our Association or its members may need such help.

Our Convention set up a Public Relations Department, and now we will probably take our place among other groups that get the ear of the public, if not now, we will reach the ear of the public in the not very far future. Mr. Harry R. Pelikan, a new member from Missouri, whose address is P.O. Box 3791, Kirkwood 22, Mo., is Committee Chairman. Mr. Pelikan wants to hear from all of us. Your letters will be most interesting to him. Kirkwood is a suburb of St. Louis, Mo.

To think that our progress of having 130 registered delegates at our Convention for most every state in the U.S.A. . . . And that we had 350 persons, members, friends, and families set down to

a wonderful banquet surely marks a highlight in the progress of our Association.

This is Organization! This is Membership! This is "Making our Profession" progress! This is getting something good out of life, for ourselves and our patients!

But this means more work for Mr. D. S. Carlson our National President. This means more work for our National Secretary, Mr. Arthur Melson, and to our many members this means that you will find our Association working more like a machine—We will have departments doing the detail work, and not just one secretary and one president. Henceforth this will give better opportunity for our States to grow, and search every corner of the state. Find Masseurs and Masseuses who are eligible and get them to join us and help us . . . We all need their help.

There are still quite a number of states that have no State Chapter in them. This is still the job of yours truly with those of his Committee that will dig in and help make a State Chapter in every State . . . We are looking for Missouri to be the next State to organize. But some of the other states have a chapter in some one city, without members throughout the state . . . We want all the Masseurs and Masseuses in Chartered States. They have a right to belong if they are qualified. Their bread and butter will soon depend on this Organization if my ears serve me right and I hear the reports of their States at Milwaukee.

Yes, Milwaukee has come to our lives . . . But it will be long remembered for the welcome we had there. The Welcome by the Arrangement Committee Mrs. Memo Rendall, and the Committee. The Welcome by the Mayor's Office, The Lights on the City Hall tower, the write-ups in the Milwaukee Journal, The two hours we watched the Sound Color pictures of Milwaukee. The Demonstrations at our Seminar by Mr. John Per-

sona. And the selection of our Masseur of the Year, Mrs. Mary Howell, of Illinois. Yes the Convention is past, but the work and the effort and the emmories and inspirations of this convention the effort and the memories and our work. It was a most successful Convention.—Long Live the Great American Association of Masseurs and Masseuses.

FELLOW MEMBERS:

First let me tell you how proud I am to be a member of such a fine organization.

Our President's Message in the January Issue of The Masseur really gives us all something to think about. It is quite true, we would be "Frozen Out," without Organized Professional Services.

Our "A.A.M.M." lets the world know our ethics, principals and ambitions.

Congratulations you new members, my best wishes. We all need each other, we should all stand together for the good of our profession, and for improving our techniques.

More and more as the Medical profession realizes the need of Physical Therapy, we do stand a much better chance of working with them if they understood we are of fine standards, and are sincerely united.

Let me wish you much success on your efforts to start a State Chapter in California. Mr. Norby of Beaumont, California.

Sincerely yours,
Mrs. Irene Legat.

HOW ABOUT THIS?

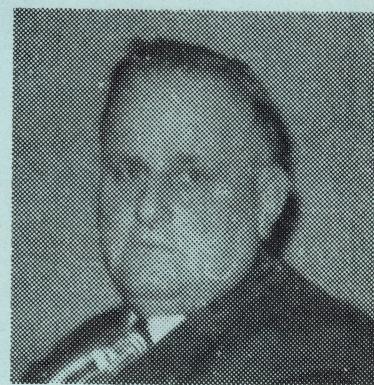
Have you ever noticed that few, if any, big men (two hundred pounds or over) are masseurs? By coincidence, most masseurs are average sized men, of average weight, while about eighty-five percent of the male clientele, are two hundred pounds or over.

Fifty percent of masseuses are large and overweight, and two out of three, of the over weights advertise, "reducing a specialty."

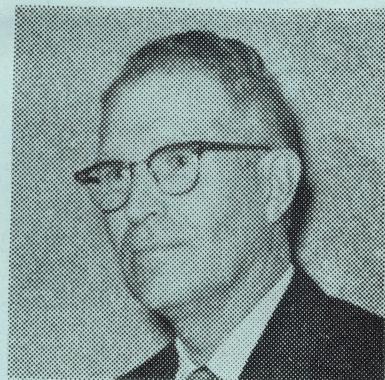
CALIFORNIA State Chapter Officers



PRESIDENT
GEORGE D. GAMMON



MR. STONE
VICE PRESIDENT



SECRETARY-TREASURER
LLOYD C. ALLEN

MASSACHUSETTS

This Chapter represents the A.A.
M.M. on the Eastern Seaboard.



ANN B. WHITE
PRESIDENT



VICE PRESIDENT
HENRY LaFLEUR



MRS. FEDORA GOFFINET
SECRETARY-TREASURER

PROFESSIONAL CODE OF ETHICS

August 27, 1956
246 Pleasant Street
East Walpole, Mass.

The Science which deals with moral conduct and human duty. Service to our clientele, welfare and their comfort are very important. We hold a position of confidence and trust, also being faithful in doing our own tasks. Individuals are valued according to their ability to assume responsibility. We are loyal to the profession and our aim is to conserve life and promote health.

Committee

Gladys Guntly, R.M.
Lucinda Lavasseur, R.M.
John A. Murray, R.M.
Ann B. White, R.P.T.
National Ethics Chairman

THE PLIGHT OF THE MEMBER

Gentlemen:

In reply to your letter to send a check, I wish to inform you that the present condition of my bank account makes it almost impossible. My shattered finances are due to federal laws, county laws, city laws, corporation laws, liquor laws, mother-in-laws, sister-in-laws, brothers-in-laws and outlaws.

Through these laws I am compelled to pay a business tax, amusement tax, head tax, school tax, gas tax, phone tax, sales tax, excise tax and income tax, I am required to get a business license, auto license, truck license, hunting license, fishing license, marriage license and dog license. I am also required to contribute to every society and organization which the genius of man is capable to bring to life, to women relief, also to every unemployment relief, gold-diggers relief, to every hospital and charitable institution in the city, including the Red Cross, Black Cross, Blue Cross, White Cross, Purple Cross and the double cross.

For my own protection, I am required to carry life insurance, property insurance, burglary insurance, accident insurance, business insurance, earthquake and tornado insurance, unemployment insurance, old age insurance and fire insurance. My business is so governed that it is hard for me to find out exactly who owns it. I am inspected, expected, suspected, disrespected, rejected, dejected, examined, re-examined, informed, required, summoned, fined, commanded and compelled until I supply money for every need of the fuse to donate to something or human race. Simply because I re-
other I am boycotted, talked about, lied about, held up, held down, and robbed until I am almost ruined.

I can tell you honestly, that except for a miracle that happened I could not enclose this check. The wolf that comes in my door every day just had pups in my kitchen. I sold them and here is your money.

THE ANSWER

Come on my friend pay your A.A.M.M. Dues—We have these troubles too and we pay our dues on time . . .

Remember your dues of \$12 per year are due now and Payable . . . Send them to your State Secretary, in lieu of a State Secretary, then to your National Secretary.

**NOW IS A GOOD TIME TO
CATCH UP WITH
YOUR DUES**

A tourist in Kentucky called to an old resident: "Hey, uncle, how far is it to Lexington?"

"I dunno, mister, it used to be about 25 miles, but the way things has gone up around here it may be near 40 by now."

Representative: Give me a sentence with the word "intruder."

Member: "Her father threw him out, but he climbed intruder window."



These pictures are available to the membership. It is very good and clear, everyone can be recognized. Cost \$1.50 which includes mailing. Order from M. S. Randall, 1744 N. Farwell St., Milwaukee 2, Wisconsin.

WHAT LEGISLATIVE RECOGNITION MEANS FOR US

By

Lowell Spangle, B.S., Ph.T.

Vice President

Indiana Chapter of A.A.M.M.

It must be stated that these are my own opinions on this matter, but I have no doubt they voice the sentiment of our group as a whole.

Everyone interested feels we should have legislative recognition. Why? We have our professional organization which has done much to stabilize and regulate our profession. We have in this organization several who hold doctor's degrees, some retired ministers, ex-school teachers and registered nurses. Our membership has been carefully selected and are all worthy and well trained.

We have no problem of low character, inefficient service or unsanitary offices, etc., among our members. We have never been trouble makers for other professionals, nor have we had any trouble because we were trying to do things or use methods not appropriate to our profession. We do not engage in any questionable or unlawful work and always endeavor to abide by the present

laws of our state. There are, however, many practicing massage in Indiana who have not accepted our invitation to join the A.A.M.M. and help us standardize our profession, but we have never used any coercion or "strong-arm" methods to secure their fellowship, and it is not our intention to do so by legislation.

We seek no privilege legislation. We do not expect to be able to do anything more if we are recognized and licensed than we are able to do now, and we do not expect to put any legitimate operator out of business because he does not want to associate with us. All we ask is that anyone obtaining a license convince a board that he or she knows sufficient about the fundamentals of massage to know how and when it might be used beneficially and when it might do harm or be contra-indicated; that they prove themselves to be men or women of good character and law-abiding citizens; that they understand they must not use their good office as a front for the practice of medicine, surgery, obstetrics, abortion or vice or any other work that is unlawful for them to do or which might be unbecoming or discrediting to our profession.

What Do We Seek in Legislative Recognition and License?

As we have proven ourselves to be worthy law-abiding citizens unselfishly engaged in a time-honored and useful occupation and true benefactors of humanity, the recognition we seek is akin to the legal recognition of a child by its parents. As our work is increasing in public approval and is not in violation of any law on the statute books today, we seek for the benefit of the public as well as ourselves a recognition of these rights, that the public may never be denied the right to enjoy the benefits of massage or our right to render such service ever abridged.

The functions of massage are body cleansing, relaxing of nerves and muscles, circulatory stimulation and tissue toning and sooth-ing. These results are produced by certain movements of the cells and tissues of the body. These movements are known technically as (kneading) friction (deep pressure effleurage (stroking) petrassage with rotation), tapotment (taping and percussion) vibration (a quiv-ering shaking movement). To accomplish these results, the hands and certain modalities and devices are used such as the various devices which impart a massaging effect. These features have come to be recognized as an essential part of modern massage. Such recognition as we seek would tend to secure our continued right to use all such supplementary aids to massage as our schools and col-leges have taught us to use. We seek this protection for ourselves without any attempt to prohibit their use by any other professionals who have been trained to do such work in a safe and com-petent manner.

We seek a board composed of competent masseurs and masseuses which shall have the right to police, inspect and license all mas-sage establishments, as assurance for the public that their service is ethical and competent.

This board should also have the right to license and regulate the

teaching of massage in any school or college in Indiana which desires to teach this work.

What we ask in legislation we do not expect to get for nothing. We know the board must be supported through the license fees collected. We do feel truly that what we seek is a good law, a wholesome law, a law that will protect the integrity of our profession and give assurance of good service to the public—a law that will not offend or limit the practice of any other profession.

We hope and feel that such a law will be an easy law to obtain, a law that any legislator can gladly approve and endorse. We are asking no new rights or privileges that we do not today enjoy except the right to police and license our own professionals for their own and the public's protection. This should require the repeal or amendment of no law now on the statute books.

It is hoped that this paper will serve to clarify our objectives and serve to answer any questions or doubts which may have existed regarding our aims and purpose in seeking this legislation.

SOUTH DAKOTA

Meeting of South Dakota Chapter of A.A.M.M. held July 22nd, 1956, at the home of Mrs. Gladys Story, 417 N. Nesmith Ave., Sioux Falls, South Dakota. Called to order at 2 o'clock p.m. by President Mrs. Lorraine Reiser. Members present: Mrs. Lorraine Reiser, Mrs. Margaret Becker, Mr. Bud Reiser, Mrs. Obre, Mr. Weiderrick, Mrs. Gladys Story, and a guest, Mrs. Taylor, from another town, who plans to join our organization. The purpose of the meeting was to discuss representation of our chapter at the convention. After considerable discussion of the matter it was moved and seconded that Mrs. Reiser be sent as our delegate, and it was further voted that the Chapter pay \$75.00 toward her expenses. Refresh-

ments were served and the meeting adjourned at 5:00 p.m. The next meeting of the South Dakota Chapter is scheduled for September 9th as the same place.

Respectfully yours,
Gladys Story,
Secy.-Treas.,
So. Dak. Chap. A.A.M.M.

Habit can't be flung out the window but must be coaxed downstairs a step at a time.

PASCALITE Food Supplement

270 Tablets Price \$12.50

Each day's supply of 3 yellow and 6 green tablets contained in three cellophane packets, furnishes the following vitamins and minerals in a base of highly concentrated processed alfalfa, selected watercress, parsley, escarole and lecithin, dietary yeast and desiccated liver.

Plus 15 Minerals (not listed)

Vitamin A Acetate.....	25,500 USP Un.
Vitamin D (Irradiated Ergosterol)	1,200 USP Un.
Vitamin B ¹ (Thiamine HC1)	18.0 mgm.
Vitamin B ² (Riboflavin)...	12.0 mgm.
Vitamin B ⁶	18.0 mgm.
Niacinamide.....	50.0 mgm.
Vitamin B ¹² (as Streptomyces Ferm.)	2.0 mcgm.
Vitamin C.....	150.0 mgm.
Vitamin E (Vegetable oils)	10 IU
Vitamin F.....	0.3 mgm.
Vitamin P (Lemon Peel infusion)	10.0 mgm.
Vitamin K.....	1.0 mgm.
Pantothenic Acid (as Ca. Salt)	9.0 mgm.
Choline (Choline Bitartrate)....	30.0 mgm.
Folic acid USP.....	1.5 mgm.
Inositol.....	30.0 mgm.
Para amino Benzoic acid.	10.0 mcgm.
Biotin.....	3.0 mgm.
Rutin.....	10.0 mgm.
dL Methionine.....	250.0 mgm.
Liver Whole Dried.....	250.0 mgm.
Yeast Dietary.....	65.0 mgm.
Chlorophyll.....	1.0 gr.
Alfalfa Juice concentrate	200.0 mgm.
Red Bone Marrow.....	
	(In California add 4% tax)

AGENTS WANTED
SEND FOR PARTICULARS
PAS-CAL COMPANY
P. O. BOX 203 A-M
ALTADENA, CALIFORNIA

MASSAGE LAW

Below are copies of a few letters received by our chapter at our request for reasons for desiring a Massage Law.

"Reasons why we should have a Massage Law."

1. It would protect both the Masseur or Masseuse and the patron.

2. The public in general would recognize us as one of the healing arts. Some seem to look on us as coming up under another name, or in other words (quacks). No too many feel this way, but I think some do.

Sincerely
Lela Swanson

Dear Elva:

I believe some of the reasons for a Massage law are,—People would hear and understand massage more if it were put before them oftener. Then too, many insurance cases would be referred to masseuse or masseur if the company's would allow them to, and if we were licensed the company's would honor us.

Sincerely
Lillian Johnson

To Whom It Concerns:

I am for a Massage Bill, that will become a state Law protecting our profession from unqualified operators, who attempt to practice without training and get paid for it.

Our profession is one of the oldest in the Health field, relaxing nerve tension and relieving discomforts of strained and sprained muscles and ligaments—giving comfort and renewing health. This can be accomplished with training and experience and one must be trained for this profession to accomplish results.

By completing a prescribed course in Health culture and Swedish Massage, and receiving his or her diploma, only then will the public be protected from untrained operators.

Sincerely yours,
Paul A. Bocek

I have nothing to complain about. Have all I can do and have to turn four or five daily away. Suggest to people our good operators in other towns and hope some of you are getting them. I pray daily for strength to be able to do my part in proving to people how much good massage can do for the health of a person.

As to a state law: it would be fine to have a law for the purpose of raising the standards and qualifications of our operators. But, if we want it just for reasons to give us prestige, I don't believe it would have any more value than we have. That part is our own ability to perform our work.

My slogan is Produce the work and return will come back double.

I AM BACK OF ANY FORWARD MOVEMENT.

(this letter was unsigned)

A MASSAGE OR A RUB DOWN

To many those terms are still synonymous, and it is important to us, engaged in the massage profession, that the public understands that there is a difference—and what the difference is.

Anyone can rub a normal, but tired aching muscle and the effect will almost invariably be some measure of relief. When we bump or bruise some part of our body, our first thought is to rub it with our hand or have some friend rub it. Almost always it will ease the pain even if the hand just rests on the sore spot. Such experiences are common and give rise to the request we often hear from folks whose bodies are wracked with pain of rheumatic or neuritic origin for a vigorous body rub. Such rubbing when rightly applied may be beneficial in certain cases—when not properly applied, the results may be unpleasant or even harmful.

Such rubbing undoubtedly was the very ancient and first beginning of what today is the science

and art of massage.

Massage, as it is professionally practiced today, constitutes a therapy of many and varied applications of touch, pressure, and movements scientifically applied to produce many different physiological effects. In fact, there are few, if any, human infirmities or ailments which cannot be helped in some measure by massage expertly applied today. True, we have certain conditions in which we say massage is contra-indicated or not recommended, such as with malignancies, open abrasions, infections of the skin, phlebitis, thrombosis, pregnancy, etc. This is a general though not an iron-clad rule. It applies to all massage operators except the most expert and to them, except under special and protected circumstances, such as under medical direction in the presence of the doctor. However, I can truthfully say that during my years of massage work, I have seen massage beneficially applied to everyone of those contra-indicated conditions. So, some day, I feel confident, massage will be recognized as the therapy of choice in all these conditions where today it is considered contra-indicated. However, there are so many cases where massage is indicated and where beneficial results may be attained without danger to the patient or masseur.

In a later article I will give a more detailed explanation of modern massage.

Lowell Spangle, Ph.T.
Vice-President of
Ind. Chap. A.A.M.M.

FUNCTIONAL OSTEOLOGY OF THE FOOT

To understand and appreciate how and why various parts of the body function, we first must know some details of the structure. While descriptive anatomy is, in a sense, the blue print of the mechanism, a knowledge of shape and structure alone is not

sufficient. Only when we question the reason for specific formations of bony units and interpret their presence in the light of function can such knowledge be of value. The following brief discussion of some of the important areas in the human foot is presented in an attempt to show how an appreciation of the logic of structure can give us increased understanding of how and why it works as it does.

A study of the whole foot reveals a heterogeneous collection of bony units which must provide both stability for weight-bearing and motion metatarsals, and fourteen phalanges exhibit to a remarkable degree a functional compromise between their 2 previously mentioned functions. The effect of this compromise on individual bones will be discussed later, but it is useful first to consider the whole foot and its ability to provide a base for the body and a means for locomotion.

It is clearer to think of both feet as a single unit forming an irregular dome whose edges comprise the structural basis for support. Briefly, this rim is composed of the calcanei, the heads of the first and fifth metatarsals, and the entire phalangeal unit. The roof of this dome appears mainly on the medial aspects of the feet in the two longitudinal arches. To fully understand the ability of the foot to support the body weight we must think of this construction as a series of arch-like supporting mechanisms radiating peripherally from the highest point of the arch. It is not unlike a coffee-cup, which, when turned upside-down can withstand a remarkable load in contrast to its fragility when it is in the customary position.

In respect to the motions possible by the whole foot, it should be remembered that every bone is capable of motion but that it is a cooperative activity which results in the movements we can observe.

Excluding the individual inter-

phalangeal joints, which provide simple flexion-extension, the foot motions can be divided into three parts. First, there is the simple flexion-extension motion of the talotibial joint; second, the complicated eversion-inversion possible at the mid-tarsal region; and, third, the condyloid motions of the metatarso-phalangeal joint. The variation in the complexity of these motions is one of the most evident factors observable in the structure of individual bones. Here is where we can see, perhaps most clearly, why each bone has assumed its specific shape and understand the meaning of the osteological evidence.

Dr. Irvin L. Peterson
3115 N. 61st St.
Lincoln, Nebraska.

ATHLETIC CLUB MASSAGE

Apparently it is the understanding of many massage technicians, that massage techniques and routines, used in Athletic clubs, are decidedly different from scientific Swedish massage.

I have attended two colleges where massage was taught. Have been employed in three athletic clubs, a physical therapy clinic, two doctors offices, hospital and my own private office. Massage techniques in all have been basically the same. The only difference, being in duration of massage, and tempo in which it is given.

In the majority of athletic clubs, the time allowed for an oil massage, is twenty minutes. The tempo is faster, as many or more massage movements are made in that time, than in the average 45 minute massage. Each club, clinic, or office, is apt to have a different routine of application, but it all amounts to the same thing in the end. For example, one club where I was employed, began massage on the chest, with the theory that the veins and capillaries, near the heart were warmed and dilated to receive the blood returning to the

heart from the extremities, that will be massaged later. Another club began massage on the neck. The Washington Athletic club begins massage on the forehead and temples, then to the neck. The College of Swedish Massage in Chicago, begins with the arms. A few technicians begin with the feet. (personally I do not care for that technique).

Doctors and clinics with whom I have been employed preferred beginning massage with the neck, as relaxation is of prime importance, in treating the average patient by massage.

In giving a so-called, club massage, of the twenty minute duration, all the massage movements are used, as effleurage, petrissage, kneading, friction, vibration and tapotment in a modified degree, using the ulna side of the hand, with flexed wrists. This keeps the noise at a minimum. Imagine the clatter that five to seven masseurs would create if all were using cupping, hacking and slapping at the same time. Talking is also kept at a minimum for the same reason.

In a twenty minute massage, medical gymnastic, either active or passive, or circumduction of joints are never used. However, common colds, headaches, stiff necks, bursitites, sacro-illiac, sprains, are treated within the 20 minute time limit, each one a technique in its own. For local heat, infra-red ray, or hot moist compresses, is all that is used. Analgesic balm is the only medication used.

Fraternally,
John A. Murray.

"Willie," said teacher, "can you name the principal river of Egypt?"

"It's the Nile, ma'am."

"That's right. Now can you tell me the names of some of the smaller tributaries?"

Willie hesitated, then smiled.
"The juveniles!"

THE HEART'S GARDEN

By Katherine Merrill

The heart is a garden

Where thought flowers grow;

The thoughts that we think

Are seeds that we sow.

Every kind, loving thought

Bears a kind, loving deed;

While a thought that is selfish

Is just like a weed.

We must watch what we think,

Each minute, all day;

And pull out the weed thoughts

And throw them away;

And plant loving seed thoughts

So thick in a row

That there will not be room

For weed thoughts to grow.

NOTICE

To All State Secretary-Treasurers of the American Association Masseurs and Masseuses, this letter is to remind each chapter to send out their statements of dues for 1957.

This is very important to get the dues in as soon as possible in order that a budget can be established.

Inclosed is a stamped envelope for a prompt reply.

Fraternally yours,
Arthur D. Melson
Sec'y-Treas.,
National A.A.M.M.

MOMENTS

Nature seems determined to make us work. The less hair we have to comb, the more face we have to wash.

* * *

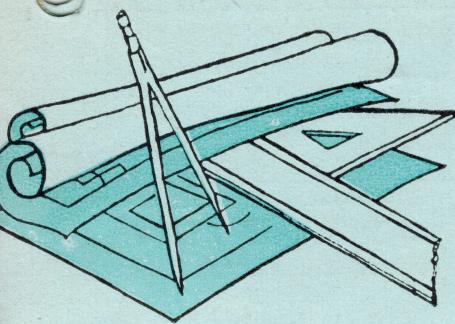
What a world! By the time you are important enough to take two hours for lunch, the doctor limits you to a glass of milk.

* * *

Spilling salt might be bad luck, but spilling the beans is much more dangerous.

* * *

Flattery is nothing but soft soap containing a high percentage of



DESIGN FOR LIVING

What have you done with your birthright; your life, your health, your happiness? Sold it, like Esau, for a mess of pottage?

Ever since Adam and Eve forsook God's will for their own reasoning, man has suffered the consequences of his uncontrolled appetites. He gave up peace, and his close relationship with God, in order to do as he pleased without regard to the Divine Will; reaping as a result a world full of travail and suffering.

But God's laws are eternal, absolute, and immutable, continuing in operation regardless of man. Your health, your happiness, yes, even your life, depends upon how well you have respected His laws. Have you bargained your inheritance of exuberant vitality for the momentary enjoyment of the numerous highly concentrated confections and packaged devitalized concoctions that flood the market today? Food that has had the valuable nutrients removed for easy storage and transportation?

"What man is there of you, whom if his son ask bread, will he give him a stone?" Matt. 7:9. Yet as far as nutritive value for the body is concerned, we just as well hand our children stones, as to hand them some of the things we do. For the sake of placating our demanding palate, we invite disease, sickness, unhappiness and failure.

Think you to remedy the effect of your transgressions with sugar-coated drugs, easily administered

shots? Thus compounding the felony and further interfering with the body's chemistry? Or think you to overcome the unpleasant results of physical excess with the power of mind over matter? The modern philosopher, with his enthusiasm for the power of positive thinking, has the modern man believing he can violate the Laws of Nature and get away with it.

But the Laws of Nature are God's laws, they are absolute, positive, universal, and must be obeyed to the nth degree. The subsidiary laws of Resonance, Relativity, Rhythm, and Vibration dovetail so smoothly that they appear to function as one Law. These laws are cause and effect, and include the law of Polarity.

You may not respect them; you may not even be aware of them. Regardless of your knowledge or ignorance of the Law, and regardless of your power of thinking, these Laws are of a harmonious nature and when the harmony is disrupted, the law of cause and effect must operate. In other words, no man can do as he pleases, if he pleases to disobey the law, and not pay the price. If he violates the law of nutrition, no matter how capable he is of positive thinking, his indulgence will have an effect upon the cell structure of his blood and tissues.

The alchemists of old spent years of their lives attempting to transmute base metals into precious metals, and failed. How can man expect to fill his body with artificially contrived food and expect that body, marvelous mechanism though it is, to transmute inferior material into what is needed for growth and repair? He is exchanging the gold of his rightful inheritance, a healthy, happy life, for the dross of a life filled with disease and misery.

It is up to you to respect the body and keep it functioning well. It was given you as your vehicle of expression. Why not try to make your life a joyous experience?

Read 1st Corinthians, chapter 6-19: "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own."

1st Corinthians, chapter 10-31: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

Dr. Chas. W. Brooks

THE BEEFER

There's one in every local—

You know the type we mean;

The Guy that's always beefin'

Yet at meetings never seen.

He's always causing trouble

And has a lot to say,

But is never at a meeting;

From them he stays away.

He puts the local on the pan,

It never does what's right;

But when we hold a meeting

This "bird" is not in sight.

He's always spreading rumors,

And this we must contend;

Yet when we hold a meeting

We shout he should attend.

He claims his right to talk,

Says it is just and fair,

But the place is at the meeting

So we urge him to be there.

The Voice of District 115—

Oakland, California.

←Postal Workers Local 28,

July, 1956.

MOMENTS

Manners are like the cipher in arithmetic; they may not be much in themselves, but they are capable of adding a great deal to the value of everything else.

* * *

More people die by the spoon and fork than by the gun and sword.

* * *

Some people go 'round in circles; others get circles from going 'round.

* * *

It's an appropriate coincidence that the word "American" ends in "I can."

* * *

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